

HOW THE PATH PROJECT HELPS YOU IMPROVE YOUR PHYSICAL HEALTH

The PATH project is here to help you stay physically healthy. PATH members learn how to get well and stay healthy by seeing a doctor and a nurse care coordinator and by taking advantage of wellness education classes taught by people who have lived experience as mental health consumers.

The PATH project is tracking three health conditions that impact wellness: high blood pressure, weight, and diabetes. Here is an explanation of how your providers will partner with you to measure and understand how to improve your health.

BLOOD PRESSURE

- ❖ Why is Blood Pressure Important? Managing blood pressure helps you prevent serious health problems - including heart attack, stroke, kidney failure, and coronary heart disease.
- ❖ How will this test help me manage my blood pressure? PATH participants are asked to take a blood pressure test when they enroll in the project. If you have high blood pressure, your PATH doctor may talk with you about using a combination of medicine, nutrition, exercise and relaxation to bring your blood pressure back to normal. You will be asked to repeat a blood pressure test at least once every 6 months, in order to see if the treatment is working.
- ❖ Please explain the blood pressure test. The results of a Blood Pressure test are communicated as a fraction. For instance, normal blood pressure is 120/80.
 - The top number (systolic pressure) is the pressure inside your arteries as the heart pumps blood through your body.
 - The bottom number (diastolic pressure) is the pressure inside your arteries when the heart is resting and refilling with blood. This is the pressure between heartbeats.
- ❖ How healthy is my blood pressure right now? (check this chart after you get your Blood Pressure reading from your PATH provider)

Systolic pressure (mmHg)		Diastolic pressure (mmHg)	My blood pressure is...
120 or less	and	80 or less	Normal
121-139	or	81-89	Prehypertension
140-159	or	90-99	Stage 1 high blood pressure
160 and above	or	100 and above	Stage 2 high blood pressure

BODY MASS INDEX

- ❖ Why is my weight important? Managing weight helps you prevent serious health problems including high blood pressure, diabetes, coronary disease, and other conditions.
- ❖ Please explain the Body Mass Index (BMI) test. Body Mass Index (BMI) compares weight-and-height and comes up with a number that you can use to see how healthy you are. Knowing your BMI helps some people commit to changing their nutrition and exercise so they can reach a weight that supports good health. Here is an example for a man who is 6 ft tall: Normal weight is 145 lbs, Overweight is 184 lbs+, Obese is 220 lbs+ .
- ❖ How will this test help me manage my weight? PATH participants' height and weight are measured when they enroll in the project. If these show you have a high BMI, your PATH doctor will then talk to you about nutrition, exercise and other ways to manage your weight.
- ❖ How healthy is my BMI right now? (check this chart after you get your BMI calculation from your PATH provider)

BMI	Body Status
<18	Under Weight
18-24	Normal Weight
25-29	Over Weight
30-39	Obese
40+	Morbidly Obese

CHOLESTEROL

- ❖ Why is my cholesterol important? Managing your cholesterol will help you prevent serious health problems including heart disease and stroke.
- ❖ Please explain the cholesterol test. Cholesterol is a fatty substance that is found in your blood. Cholesterol can stick to your arteries, narrowing the space needed to carry blood to your heart. The amount of cholesterol in your blood is measured when you get your blood drawn at the PATH clinic.
- ❖ The PATH project looks at LDL cholesterol. LDL stands for low-density lipoprotein, and is known as “bad” cholesterol because it is linked to heart disease and stroke.
- ❖ How will this test help me manage my cholesterol? PATH participants are asked to take a blood test when they enroll in the project. If you have high cholesterol, your PATH doctor will talk to you about using a combination of medicine, nutrition, and exercise to manage this condition. How healthy are my cholesterol levels? (check this chart after you get your cholesterol levels from your PATH provider)

LDL Cholesterol Level	My cholesterol is...
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
At Risk, per PIP: 130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high PATH

BLOOD SUGAR

- ❖ Why is my blood sugar important? Managing your blood sugar helps you prevent serious health problems, including diabetes. Diabetes
- ❖ Please explain the blood sugar test. Doctors use the blood glucose or the A1C test to measure how much sugar (glucose) you have in your blood. Doctors may ask you to take the A1C test twice over a three month period so that an average glucose level can be used to diagnose diabetes.
- ❖ How will this test help me manage my blood sugar? PATH participants are asked to take a blood test when they enroll in the project. If your blood sugar is high, your PATH doctor will then talk to you about using a combination of medicine and nutrition to manage your blood sugar. You will be asked to repeat the test at a later time, in order to see if the treatment is working.
- ❖ How healthy are my blood sugar levels? (check this chart after you get your A1C from your PATH provider)

Average glucose level – taken at one and three months	Do I have diabetes?
Less than 6.4 Percent	No
6.5 percent or higher	Yes

PATH PERFORMANCE IMPROVEMENT PROJECT
“AT RISK” GUIDE

INDICATOR	Test results that indicate – PATH members are “at risk” for disease	How can we tell that people are healthier?
Systolic Blood Pressure (mm Hg)	≥140 (Systolic) and/or	Decrease 10 mmHg or more
Diastolic Blood Pressure (mm Hg)	≥90(Diastolic)	Decrease 10 mmHg or more
Body Mass Index (BMI)	≥30	Decrease 2 kg/m2 or more
HgbA1c (mg/dL)	≥7.0	Decrease .5 HbA1c or more
LDL Cholesterol (mg/dL)	≥130	Decrease 20 mg/dL or more

Additional indicators collected by the PATH Team for this Performance Improvement Project include:

- wellness class attendance, participation in the “Community Connections” activities, Healthy Cooking classes, Lunch and Learns, peer support services/individual contacts, smoking cessation coaching sessions/groups
- Care coordination by the PATH team
- primary care visits (seeing the doctor at the clinic)

PATH is also evaluated under the auspices of a federal SAMHSA grant. Additional indicators collected by the PATH team for the SAMHSA grant include client level data (225 data elements on each participant), which include the following:

- Date and number of primary care visits,
- referrals to specialty health care services,
- medication management services,
- wellness class attendance, peer support contacts, smoking cessation coaching sessions
- attendance at substance abuse treatment programs,
- case management sessions
- self-reports administered at 6 month intervals (NOMS survey):
 - satisfaction with services,
 - housing,
 - socialization,
 - histories of trauma, reports of emergency room visits, substance use, tobacco use, alcohol use, ethnicity, race, age